



January 2014

# Ostomy Association of the Houston Area

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164  
Houston, TX 77265-5164  
[www.ostomyhouston.org](http://www.ostomyhouston.org)

## Youth Rally 2014

The Youth Rally is a summer camp that provides a non-threatening environment for young people between the ages of 11 and 17 with any sort of bowel or bladder dysfunction. The Youth Rally is designed to help campers understand that everyone has the same opportunities to achieve their goals regardless of medical or physical differences. In short, that they are not alone. The 2014 Youth Rally will be held in San Diego. Youth Rally applications for campers and counselors will be available beginning on February 1st. The Ostomy Association of the Houston Area has previously sponsored both campers and counselors attending the Youth Rally. If you know an individual interested in attending, please let us know at [www.ostomyhouston.org](http://www.ostomyhouston.org). More information about the camp can be obtained from [www.rally4youth.org](http://www.rally4youth.org).

## Historical Reflections from the 1500's

*Courtesy of The Austi-Mate Journal*

Most people got married in June because they took their yearly bath in May and they still smelled good by June. However, since they were starting to have a little odor, the brides carried a bouquet of flowers to cover the body odor, hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the first bath, then all the sons and men, then the women and finally the children. The last of the water was so dirty you could actually lose someone in it, hence the saying, "Don't throw the baby out with the bath water."

Those that had money had plates made of pewter. Food with high acid content caused some lead to get into the food causing lead poisoning death. This happened most often with tomatoes, hence for 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle and guests got the top or upper crust. Therefore, the status quo was set for classes in society.

## Should My Family Help with Care of My Ostomy?

*Courtesy of the Ostomy Outlook and Tucson AZ Courier*

Not if you are able to care for yourself. Make yours a "do it yourself" family. I am sure any normal person will not ask a member of the family to accompany them in the bathroom to help with the elimination process. Why should you? Unless, of course, you are not physically able to care for yourself.

Too many ostomates never like to view their stomas, so use the well-known crutch of "I can't do it myself," and for years have had someone to come in and perform daily tasks of personal hygiene that could have been done without any problems or aid from another person. This ostomate is handicapped indeed, mentally, not physically. If you cannot tolerate your own body, how can you expect someone else to tolerate you? Be independent and lead

*(Continued on page 3)*

### Patient Visiting and Support Services

*Doctors and WOC Nurses, please note:*

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Marian Newman at 281-485-1961.

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*We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.*

## Central Group News

We had a lovely Holiday Dinner at Pine Forest Country Club. It is always fun to get the Northwest group and members from Central together for one evening. Our hosts, Tom and Dorothy Andrews, were missing from the celebration as Dorothy had fallen and was in the hospital. Word has it that she is recovering. Our thoughts and encouragement are with Dorothy as she rehabs. I have a personal thank you to Ron, Mary, and Terry for stepping up and taking care of the details of the dinner.

We had an update from Kroger's Community Rewards Program that we will receive \$242.71 for one quarter. The shopping cards from Kroger and Randalls are a big portion of the income of the organization. If you haven't registered on line with your Kroger card, please do it soon. If you need help, please talk to a board member.

We had some great meetings in 2013 and are planning meetings for 2014. If there is a subject you would like to suggest for a meeting, please mention it to your program planners. Here is a summary of events from 2013.

- January—Polly Johnson with Convatec
- February—Roundtable, Certified Visitor Training
- March—Anniversary Meeting with Kathleen Duplessis (See the current *Phoenix* for Kathleen's story)
- April—David B. Engler, MD, FAAAAI, FAAAAI, with the Allergy Clinic
- May—Anne Schrader of Dream Destinations, traveling with an ostomy
- June—Roundtable. We were pleased to help sponsor Caleb Alford who attended the Youth Rally as a Counselor.
- July—R.J. Poonwala with Spring Branch Medical Supply
- August—Paul Batchelder's Story
- September—Tu-Nhi-Ho Pharm. D. with Admirrx Compounding Pharmacy
- October—Frank Essig with Hollister
- November—Sam Dalal, Physical Therapist

As a reminder, we are closing our supplies program. Please contact Elaine, 713-529-2724, if you need supplies. We would like to give what we have left to those in our area who can use them. We are not accepting supplies anymore. If you have supplies to donate, please send them to Osto-Group or Project Cure. I want to thank Elaine Anderson and her husband for their help and kindness with the supply program.

Our program for January is Sarah Martin, a Livestrong Program Instructor from the YMCA. I hope 2014 is a good year for keeping those resolutions.

Best regards,

**Denise Parsons**, President, OAHA  
713-824-8841

## Baytown Group News

December's meeting was an opportunity for some valuable information. Jimmy Constable, Houston Methodist San Jacinto Hospital Pharmacist provided the group with an outstanding presentation titled, "Medication Savvy".

Jimmy discussed the general risks and benefits of medication therapy, differences between prescription and over-the-counter (nonprescription) medicines, common medication use problems, how to improve medication compliance, good communication with doctors and pharmacists and keeping a medication list and log. Herbal medications were also discussed. Herbal remedies do not have to follow the same strict rules that prescription drugs follow. Manufacturers do not have to prove that the product is safe, effective, or that it contains the ingredients on the label.

Regarding OTC (over-the-counter) meds, Jimmy pointed out that the most important thing to look at is the drug label. Make sure to READ the label carefully to determine which medication will treat your symptoms. Take note of how much, when, and if it should be taken with/without food. Look for: Active Ingredient(s): Chemical compound in the medicine that works with your body to bring relief. Take a look at "Uses", this section tells you ONLY the symptoms the medicine is approved to treat.

Consider APAP (acetaminophen) vs. NSAIDS (non-steroidal anti-inflammatory drugs)

APAP—good for headache, arthritis. Cons: liver toxicity, higher chance with overdose because it is used in many products.

NSAID—good for inflammation, muscle pain, aches. Cons: caution in kidney damage, heart disease, bleeding concerns

Questions to ask with medications:

- What is it for or what does it do?
- When and how should it be taken?
- Will it react with anything I am currently taking?
- What side effects might I get?
- What happens if I miss a dose?
- How can I tell if it is working?

Jimmy shared with the group that compliance is an important component of your medication regimen.

Make a medication list. Multiple resources are available to help. Use a medication journal to record how drug works, monitoring, side effects etc. Bring with you to your doctor visits. You can use medication tables, pill boxes, etc. Be cautious for mistakes that may happen with your medications.

Persons with ascending or transverse colostomies: recommend liquid or tablet form. Enteric coated pills may pass through unabsorbed. Persons with descending or sigmoid colostomies will not have this problem. Persons with an ileostomy: Do not

## Baytown Group News *(Continued)*

take enteric-coated pills and time-released medications, soft pills, liquids, and injections are best.

Expiration dates on medications are there for your safety. This is the date that can guarantee the full potency and safety of the drug. Meds that are important not to take after date: antibiotics, blood pressure medications, blood thinners, EpiPens and insulin

Pharmacist: Choose one carefully, and continue to use the same one every time. They can easily keep track of all medications and monitor for drug interactions. Pharmacist can serve as an advisor for OTC's and prescription medications. They are trained medication experts and would love to help!

Special thanks to Jimmy Constable for educating and reviewing this important topic with us! We so appreciate the expertise he shared with the group! Plan to spend the evening at Ostomy Support Group on the first Monday of each month in 2014! In January, Tabatha Schroeder, new Ostomy specialist with Coloplast is scheduled.

**Cindy Barefield, RN, CWOCN**  
281-428-3033

## Northwest Group News

No meeting was held in December. Several members attended the Holiday Party. Thank you so much Dorothy Andrews for making it all possible.

We will enjoy a roundtable discussion and planning meeting on Tuesday, January 21, 2014. Programs for the next year will be selected at this meeting.

**Craig Cooper**  
281-948-6883

**Tony Romeo**  
936-588-4031

## Should My Family Help with Care of My Ostomy? *(Continued from page 1)*

a normal life. Having an ostomy does not mean a life of being unable to function as a whole person.

A family member should be aware of needs and care in case of illness or stress. Help can then be given if it is necessary. Including family members in teaching care of the ostomy is part of the WOC Nurse function.

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

## Opportunities and Announcements

### Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

### Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

### Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Ron Cerreta, Treasurer, at 832-439-1311 or [texasronc@aol.com](mailto:texasronc@aol.com) or send your request to the provided address below.

### For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area  
Attn: Ron Cerreta, Treasurer  
P. O. Box 25164  
Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

### Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:

<http://www.ostomyhouston.org/>

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

### WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
cbarefield@houstonmethodist.org

Charlene Randall, RN, CWOCN (713) 465-8497  
Specialty Wound & Ostomy Nursing, Inc.  
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799  
Pat.thompson@tenethealth.com

### Central Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m.  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Denise Parsons 713-824-8841  
rockynme2@aol.com  
**Meeting:** **January 20, 2014**  
**Program:** **Guest Speaker: Sarah Martin**, Livestrong Program  
Instructor, Houston YMCA

### Baytown Group

**Monthly:** First Monday  
**Time:** 6:00 p.m.  
**Place:** Community Room in Lobby of Houston Methodist  
San Jacinto Hospital  
4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-428-3033  
**Meeting:** **January 6, 2014**  
**Program:** **Guest Speaker: Tabatha Schroeder**, Ostomy  
specialist with Coloplast

### Northwest Group

**Monthly:** Third Tuesday of the month  
**Time:** 7:00 p.m.  
**Place:** NW Medical Professional Bldg., (The Cali Bldg.)  
17117 Cali Drive, Houston (This location is just off of  
1960 and west of I-45. Turn north on Cali Drive from  
1960. At the stop sign turn left on Judiwood and left  
again to park behind the Cali Building.)  
**Contact:** Tony Romeo 936-588-4031  
sa1tmr@sbcglobal.net  
**Meeting:** **January 21, 2014**  
**Program:** **Roundtable and 2014 Program Line-up**

### J-Pouch Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m. or by Appointment  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Ron Cerreta 832-439-1311  
Ron Meisinger 281-491-8220  
**Meeting:** **January 20, 2014**

*Monthly support and information meetings are held in three locations  
for member convenience.*

### Osto Group [www.ostogroup.org](http://www.ostogroup.org)

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The United Ostomy Associations  
of America (UOAA)  
can be contacted at:  
[www.uoaa.org](http://www.uoaa.org) or **800-826-0826**

## Get Ostomy Answers!

*The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



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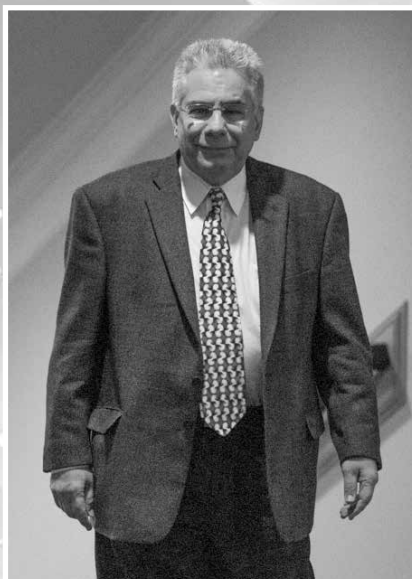
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# *Holiday Party 2013*



*Photos courtesy of Jerry Fowler*

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## Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

**Ostomy Association of the Houston Area, Attention: Treasurer  
P. O. Box 25164, Houston, TX 77265-5164**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ E-mail: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: \_\_\_\_\_

### Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Colostomy         | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy         | <input type="checkbox"/> Continent Urostomy  | <input type="checkbox"/> Spouse/Family Member           |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through        | <input type="checkbox"/> Physician                      |
| <input type="checkbox"/> Other: _____      |  | <input type="checkbox"/> Nurse                          |

☐ I would like to attend meetings with the (**please circle one**):

Central Group      Baytown Group      Northwest Group      J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. (*This will be kept confidential.*)

I learned about the Ostomy Association from

☐ WOC nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: \_\_\_\_\_

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$\_\_\_\_\_ as a donation to support the association's mission of helping ostomates.

*Membership benefits include:  
Monthly Support/Information  
Meetings, Social Events,  
Monthly Newsletter*



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